**SECRET TREASURES, HIDDEN GEMS: THREE NATURE ADVENTURES IN THE INNSBRUCK REGION**

**The forests are clad in their most colourful hues, the mountains seem to glow blue and the sun bathes everything in a golden light: there is probably no better time than autumn to explore the breathtaking Alpine landscapes of the Innsbruck region. It is at this very time of change that the natural world around the capital of Tyrol can offer particularly beautiful vistas – both on and off the beaten track. Here are three excursions into the – now not quite so – green countryside.**

**1. Almost like in the old days: on the trail of wildlife in the Sellrain Valley**

Not far from Innsbruck can be found a true natural paradise: the Sellrain Valley, whose unspoilt beauty, alpine and archaic charms and delightful tranquillity combine to make it one of the region’s undisputed locations for restoring lost energy. A special tip, however, is the side valley known as the Lüsenstal. The head of the valley is regarded as one of the most picturesque in all Tyrol: with its immense mountain backdrop, located at the foot of the 3,000-metre peak of the majestic Lüsener Fernerkogel, you will feel as if you have been transported back in time. What’s more, with a little luck and the right equipment, you might see all kinds of wild animals – for example, marmots, chamois or ibexes – or, when the deer are rutting, even hear them. The end of September and the beginning of October see these cloven-hoofed animals battling loudly over their territory, with their bellowing echoing off the towering rocks. Meanwhile, around the Juifenalm – an ideal spot to enjoy a refreshing break – cattle, horses and goats can all be seen enjoying life on the summer pastures until the middle of September.

**2. Almost like a fairytale: amidst the “burning larches” on the Mieming Plateau**

The Mieming Plateau also has plenty to offer nature lovers in autumn. Because, as the days get shorter and the temperatures drop, a very special sight can be seen each year on the sun-kissed plateau above the Inn Valley, called by the locals the “burning larches”. The numerous larch trees in the area between the Holzleitensattel and Obermieming change colour, from a lush green to glowing shades of yellow and red. The best (and easiest) way to witness this unique blaze of colour is on a gentle walk through the golden-hued forests: stroll past meadows and hamlets as you savour the unique scents of resin and wood and the silence that surrounds you. The combination of the imposing mountain peaks of the Mieminger Kette chain and the fairytale larch forests is never more impressive than during the weeks of late autumn, between the end of October and the beginning of November.

**3. Almost like a painting: the views from Innsbruck’s Almenweg (Pasture Trail) above Mutters**

The Innsbruck Almenweg, or Pasture Trail, offers a fantastic and varied hiking experience in the magnificent Tyrolean mountains. Starting from the mountain station by the Muttereralm, the trail winds around the peak of the Nockspitze (Saile) and, as the name suggests, leads past several mountain inns and pastures. Along the way can not only be found culinary delights in the various hostelries but, above all, breathtaking views of the surrounding Alpine scenery. If you want to complete the entire circular hike of almost 17 kilometres in one go, you can expect a walking time of around six hours; but you can also tackle the challenging trail in smaller stages. This has the further advantage of giving you more time to halt and take in the picture-book beauty of the natural surroundings. You can use public transport to get to the starting point and take the cable car up: part of the Almenweg trail is also accessible to all-terrain wheelchairs or pushchairs, as the section from the Mutterer Alm to the Götzner Alm is barrier-free.

More nature adventures and tips for autumn in the Innsbruck region can be found online at <https://www.innsbruck.info/en/hiking.html>.

***About Innsbruck Tourismus***

*Innsbruck Tourismus is the official destination management organisation for the Innsbruck region, encompassing the capital of Tyrol and over 40 localities in the surrounding area, from the Inntal valley to the Mieming Plateau via Kühtai and as far as the Sellraintal valley. With almost 3.5 million overnight stays (as of 2019), the Innsbruck region is one of Austria’s largest tourism institutions – a unique symbiosis of pulsating urban space and fascinating Alpine world. The vibrant city atmosphere and sightseeing highlights are just a stone’s throw from your next biking or hiking tour, your next ski adventure or winter walk. The Welcome Card, free for visitors, is the key to the region’s boundless opportunities: public transport, usable at no cost, means that the area’s numerous highlights can be enjoyed both sustainably and comfortably. Visitor enjoyment is the focus of the thoughts and actions of each of the organisation’s 90 or so staff: they pass on their passion and enthusiasm for this alpine-urban space to guests, ensuring unforgettable holiday experiences for all in harmony with both people and nature. With a total of twelve tourist information offices, Innsbruck Tourismus can stay close to visitors, be right in the action and keep a finger on the pulse of events – a true hub for the authentic stories and personal impressions of local characters that can be found on the popular* [*blog*](about:blank) *and social media channels at #myinnsbruck.*

***Further links***

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**Enquiries**:

Innsbruck Tourismus

Colette Verra

Market Management

Burggraben 3, A-6020 Innsbruck, Austria

+43 512 5356

[c.verra@innsbruck.info](mailto:a.reiter@innsbruck.info)

[www.innsbruck.info](http://www.innsbruck.info)

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